

The Resilient Library Newsletter

January 17, 2021

Volume 4, Issue 3

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press Ctrl+click on images and underlined text to be directed to those websites

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Just 10 minutes of exercise a day during middle age can protect brain function later in life

As we age, many people try to keep their mind sharp through reading and solving puzzles. A new study finds working out may help the mind just as much as it helps the body. Researchers from Columbia University Irving Medical Center say just 10 minutes of physical exercise a day in middle age helps protect the brain from decline.

Study authors say regular physical activity—such as walking briskly, running, or cycling—from middle age onwards can result in less brain damage 25 years later. Their finding, published online by the journal [Neurology](#), suggest greater amounts of “moderate-to-vigorous intensity” physical activity have a “protective” effect on the brain.

“Our study suggests that getting at least [an hour and 15 minutes](#) of moderate-to-vigorous intensity physical activity a week or more during midlife may be important throughout



your lifetime for [promoting brain health](#) and preserving the actual structure of your brain,” study author Priya Palta says in a statement to SWNS.

“In particular, engaging in more than two-and-a half hours of physical activity per week [in middle age](#) was associated with fewer signs of brain disease.”

Working out can limit brain damage

The study involved more than 1,600 people with an average age of 53.

See **Exercise** on page 2

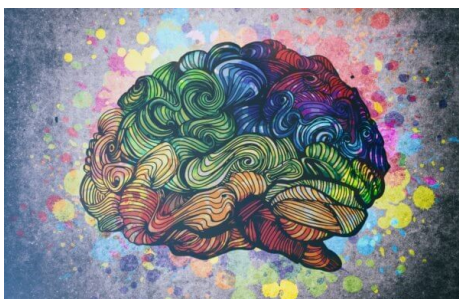
Each person attended five physical examinations over 25 years. The participants also rated their weekly activity levels one at the start and again at two later times.

Each person reported the amount of time they engaged in moderate-to-vigorous intensity physical activity, which researchers classified as none, low, middle, or high. Study authors then examined brain scans which measured a participant's [grey and white brain matter](#). The tests also revealed if a person had lesions, [injuries](#), or [disease in the brain](#).

After adjusting for certain lifestyle factors, people who reported no moderate-to-vigorous intensity physical activity during midlife had a 47-percent greater risk of developing brain lesions 25 years later compared to those reporting high levels of moderate-to-vigorous intensity activity. Lesions are small areas of damage in the brain.

Researchers looked to see how much damage had accumulated in the brain's white matter. White matter consists of nerve fibers that connect different brain regions. The results reveal a connection between higher activity levels and more intact white matter in the brain.

Exercise fuels brain function



The team also examined the movement of water molecules in a person's brain tissue. Participants who reported high moderate-to-vigorous intensity physical activity in midlife had movement that was more beneficial to their

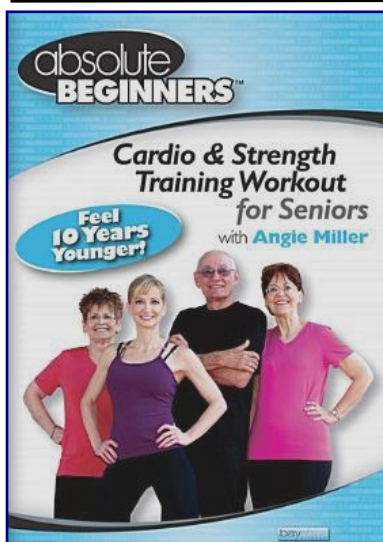
[brain function](#) than those who did not exercise.

“Our results show that staying active during midlife may have real brain benefits,” Dr. Palta adds. “In particular, consistently high levels of midlife moderate-to-vigorous intensity physical activity were associated with fewer brain lesions in later life.”

Previous studies suggest that the cause of brain lesions may be inflammation or other damage to the small blood vessels in the brain.

“Our research suggests that physical activity may impact cognition in part through its effects on small vessels in the brain,” Palta concludes. “This study adds to the body of evidence showing that [exercise](#) with moderate-to-vigorous intensity is important for maintaining thinking skills throughout your lifetime.” □

Excerpted from StudyFinds.org



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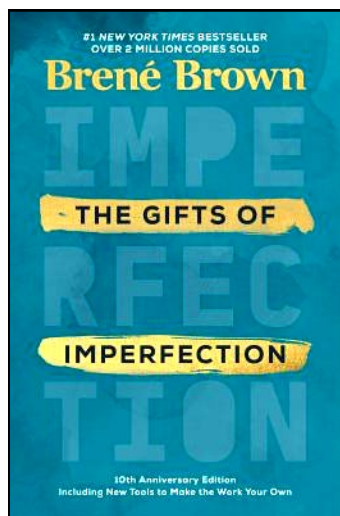
with Angie Miller

Available for checkout at www.rvl.info

Absolute Beginners Cardio & Strength Training Workout for Seniors [DVD] with Angie Miller

Are you ready to improve your life by learning cardiovascular and strength training exercises? Instructor Angie Miller and her crew will show you the way to develop strength while also improving balance and mobility with this easy to follow program of exercises which are designed especially for senior citizens just starting out with exercise and for those who want a refreshing, modern approach to physical fitness. Angie leads the way with four segments beginning with an easy Warm-Up designed to get your body ready for what is to come next. Next, the Cardio portion contains 22 minutes of heart-healthy moves split into four sets. Then Angie and the gang perform the 24-minute Strength Training segment with routines and exercises utilizing small hand weights and a chair that will help you stay strong, balanced, and mobile. Finally, a relaxing 5-minute Stretch finishes things off and sends you on the way to a productive and healthy day.

Let Go of Who You Think You're Supposed to Be and Embrace Who You Are



Available in print,
eaudiobook or
ebook at
www.rvl.info

Brown explores the psychology of releasing our definitions of an 'imperfect' life and embracing living authentically. In a world where insults, criticisms, and fears are spread too generously alongside messages of unrealistic beauty, attainment, and expectation, she provides ten 'guideposts' that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.

Contents

- 10th anniversary note from Brené
- Introduction: Wholehearted living
- Courage, compassion, and connection: the gifts of imperfection
- Exploring the power of love, belonging, and being enough
- The things that get in the way
- Final Thoughts

About the Author

Dr. Brené Brown is a research professor at the University of Houston where she holds the Huffington Foundation—Brené Brown Endowed Chair at the Graduate College of Social Work. Brené's TED Talk—The Power of Vulnerability—is one of the top five most viewed TED Talks in the world with over 35 million views.

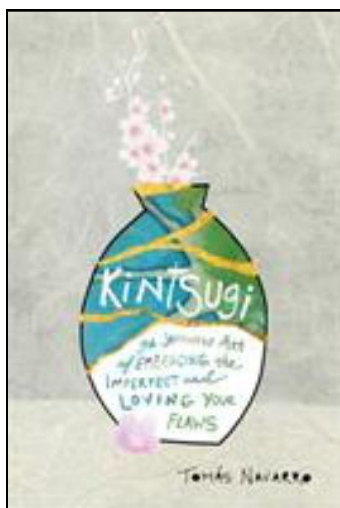
You can also listen to Brené's Podcast: *Unlocking Us*.

"Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart."



Book Spotlight— *Kintsugi*

The Japanese Art of Embracing the Imperfect and Loving Your Flaws



Available in print
at www.rvl.info

From the back cover—

"Kintsugi, which translates as 'golden joinery,' is the latest lifestyle trend promising to transform our lives."

—the *Telegraph*

Cultivate inner strength and rebuild your life with the ancient principles of kintsugi.

When we lose a person we love, a job, or our health, it can feel like a precious piece of ourselves falling to the ground and shattering. But in the Japanese art of kintsugi, that's where the creation of beauty begins—in the delicate re-joining and mending of shards with loving attention. Psychologist Tomás Navarro encourages us to approach our lives in the same way.

Everyone faces suffering, but how we engage with our troubles and heal our emotional wounds can make all the difference. Rather than conceal our repairs, what if we embraced them—and looked to them as proof of our strength?

With *Kintsugi*, Navarro presents a sensitive and contemplative approach to the suffering that he's seen in his professional practice and in his own life. His reflections help us to engage with our tragedies and challenges—transmuting them into sources of strength. Through gentle stories, practices, and insights, readers gain deeper perspective and courage in the face of life's inevitable crises, heartbreaks, and losses.

(American Heart Association News) -- As one of the trendiest foods in the produce aisle, microgreens are known for adding a splash of color to a dish, a spicy kick to a salad – and a chunk of change to a grocery bill.

Known for a variety of flavors, textures and aromas, microgreens originated as a product of the California restaurant scene in the 1980s. Smaller than baby greens, they are harvested just one to two weeks after germination – typically later than sprouts, which don't have leaves. They usually are 1 to 3 inches tall and often are sold with the stems attached.

Most microgreens are rich in concentrated vitamins and antioxidants. A 2012 study in the *Journal of Agricultural and Food Chemistry* looked at 25 commercially available microgreens and found they contained nutrient levels up to 40 times higher than more mature leaves. Other research also has shown microgreens contain a wider variety of antioxidants and micronutrients called polyphenols.

Nutrient content aside, microgreens are not a replacement for leafy and other greens in one's diet, said Christopher Gardner, director of nutrition studies at the Stanford Prevention Research Center in California. Instead, they serve a better purpose as a way to add variety to a regular salad or other healthy meal.

According to the federal dietary guidelines, an adult consuming 2,000 calories a day should eat 2 1/2 cups of vegetables each day,



and the key is variety. Yet almost 90% of the U.S. population fall short of that number, the guidelines say.

"I've been working more and more with chefs these days and one of the points that I've been trying to help people walk away with is that food really should bring them joy and pleasure," said Gardner, vice-chair of the American Heart Association's nutrition committee. Microgreens are "tasty with this sharp spice, that taste in the back of your mouth that you're not accustomed to."

Microgreens – sometimes called "vegetable confetti" – are grown from the seeds of a wide array of plant families, with varieties including cauliflower, broccoli, cabbage, arugula, radicchio, carrot, celery, quinoa, spinach, melon, cucumber and squash. They can be eaten on their own, blended into a smoothie, added to a wrap or salad, or as a garnish on soups and other dishes.

As the COVID-19 pandemic has changed people's attitudes about their food shopping habits, do-it-

yourself microgreens have offered a sustainable alternative. Growing them at home also may be an antidote to high prices at the grocery store or farmers market. They can be grown year-round, indoors or outdoors, without requiring much time, equipment or expertise.

"Is there something about being in a New York apartment and being able to grow a little backyard tray of microgreens and add it to your food?" Gardner said. "It might not be the meal, it might be just something that you add to what you're eating for the taste.

"So maybe the actual scale of it makes it more accessible to some people to grow on their own – thereby getting them feeling like they're a little more in touch with the food that they're eating because they're producing it." □

Excerpted from [AHA News: Trendy Microgreens Offer Flavor You Can Grow at Home - Consumer Health News | HealthDay](#)

Artful Distractions—Milton Artist Wendy Morneau Turns Her Yard Into an Icy Wonderland of Art

Volume 4, Issue 3

By Julia Ann Weekes NHWeekend Editor

Milton artist Wendy Morneau has been raiding the kitchen cabinets for cookware lately, but when it comes to ingredients, she heads outside.

She gathers some leaves, berries, acorn tops and twigs, arranges them in a baking pan, adds some water and then lets Mother Nature do the rest.

"If you're lucky, there's a piece of art in the morning," said Morneau with a laugh.

Morneau is the creative wit behind a series of frozen craft projects that are gaining attention on social media.

Her icy shapes are surprisingly stunning, adding unexpected color and detail to wintry landscapes. The way water freezes can change the effect. In some, the materials seem to hover in an invisible frame. In others there is a crackle effect like the surface of a re-frozen pond with many layers or a wavy ripple that subtly changes the shape of an embedded object.

"Each one is unique and beautiful, temporary, magical and satisfying," Morneau said in a December post on her Facebook pages.

Her winter project started with a water tray she had set out for the birds, and picked up momentum when Morneau tried out a Bundt cake pan that added decorative, swirling edges to her ice art.

"I used a sledding saucer for a really big one a couple of feet across," Morneau said.

She has transformed her yard into a winter vignette that sparkles in the rising or fading sun. Dinner plate-sized ice spheres are tucked into the V-shaped crook of a tree. A larger version is propped up against an antique-

looking metal farming plow while ornament-sized hearts and doughnuts hang from ribbons on branches.

Her favorites so far are the little wreaths she crafted with a mini size-place Bundt pan.

She's been sharing pictures for a couple of weeks on her social media accounts and getting lots of responses.

"I couldn't believe it. My phone was going crazy," Morneau said of all the notification alerts.

Some comment on a work of art, others tag Morneau with their own frozen art or ask for advice on how to get ice out of a container without breaking it.

"They pop right out of the plastic molds, but I've had to run a little water over the metal molds to free them up. Sometimes just bringing the molds in the house for a few minutes is enough to free them, too," Morneau said.

In warmer weather, Morneau repurposes natural materials such as flower petals and fall leaves in her artwork, which she photographs and transforms into prints, cards and book-marks. She also makes jewelry, and works with fabrics, wood, paper, or "anything that sparks an idea."

But there's something intriguing about creating the temporary winter art. The melting process in itself is part of the creative process. The shapes change as it drips and little bits of brightly colored berries and evergreen branches begin to sprout like an early spring.

It's fleeting but fun. An upside is that it's easy to create a new batch, though wildlife sometimes can interfere.

"I have a new piece this morning. I thought I'd have a couple of new pieces, but a squirrel knocked over one of



my molds. I just pick up the pieces and add more water," Morneau said Tuesday morning.

It's an easy process.

"You make up the pans and then you've just got to be patient and wait for the temperature to drop," she said.

Excerpted from UnionLeader.com



From [Mental Health America](http://www.mentalhealthamerica.net)

HOW STAYING POSITIVE HELPS

It's likely our species survived because of our knack for detecting danger. But our worry-filled thoughts can present dangers of their own: Thinking negatively can drag down our moods, our actions and even our health.

Experts say it's worthwhile—and possible—to learn how to think more positively.

Consider what researchers found about the benefits of staying positive:

- People who were pessimistic had a nearly 20 percent higher risk of dying over a 30-year period than those who were optimistic
- People who kept track of their gratitude once a week were

more upbeat and had fewer physical complaints than others

- People who obsessively repeated negative thoughts and behaviors were able to change their unhealthy patterns—and their brain activity actually changed too.

WAYS TO STAY POSITIVE Foster Optimism

Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible—and it gets easier with practice.

If you want to pump up your optimism, you might:

- **Write about a positive future.** The idea is to envision your goals and dreams come true. Tips include:
 - Write about your great future life. Writing helps you absorb ideas better than just thinking.
 - Set aside time so you can go into detail. Researcher Laura

King, PhD, who proved this exercise a great mood booster, assigned 20 minutes on four consecutive days.

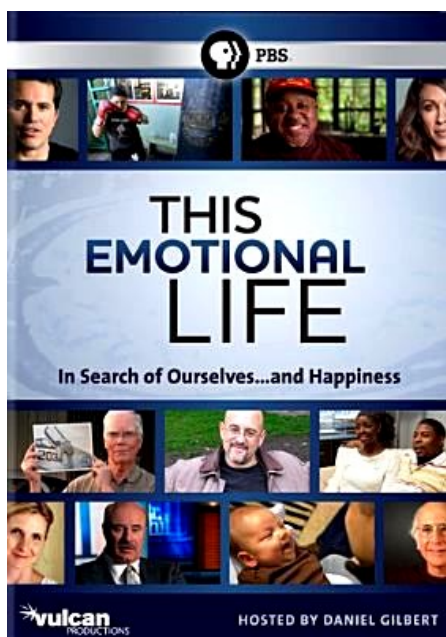
- A variation on this exercise is to imagine positive outcomes in a particularly challenging situation.
- **Search for the silver lining.** Looking for the positive in a negative situation may sound sappy, but it can actually show great strength. To find your silver lining, ask yourself:
 - How have I grown from this situation?
 - Are my relationships stronger now?
 - Have I developed new skills?
 - What am I proud of about the way I handled the situation?

Practice Gratitude

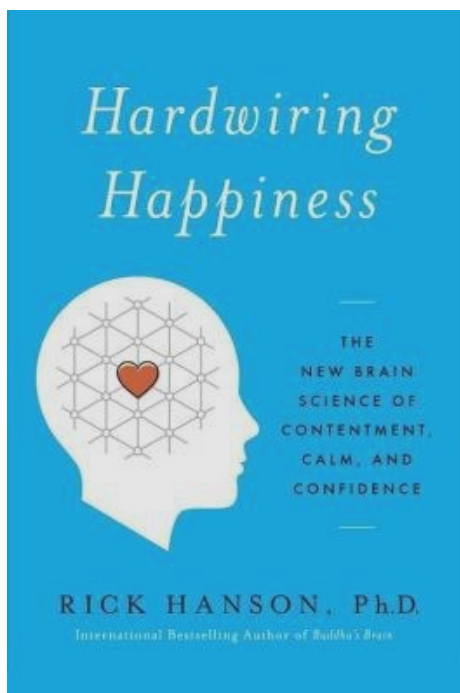
Noticing and appreciating the positives in our lives offers a great mood boost.

To increase your gratefulness, you can:

- **Write a gratitude letter.** Researcher Martin Seligman, PhD, asked subjects to write a letter thanking someone who had been particularly kind to them and then deliver it in person. The letter-writers enjoyed impressive positive effects even a month later.
- **Keep a gratitude journal.** Write down everything large or small that makes you smile, including terrific achievements, touching moments and great relationships.
- **Remind yourself to savor.** Yes, stop and smell the roses—and look at them and touch them. Do whatever you can to



DVD available through
www.rvl.info



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See **Sleep** on page 7

really soak in the lovelier aspects of your life.

Share your good news. Studies of people's reactions to positive developments suggest that those who tell a friend about a happy event enjoy it even more.

Avoid Negative Thinking

If you want to feel positive, it pays to decrease the downers in your life. With practice, you can resist worrisome thoughts and perhaps even transform your internal critic into more of a cheering squad.

- **Avoid dwelling on downers.** Focusing on negatives isn't just unpleasant, it also can make you less effective in tracking tasks you face. In a study of test-takers, those who fixated on worrisome thoughts performed worse than those who were distracted from their worries. To stifle your obsessing:
 - **Ask yourself if the issue is really worth your energy.** Will this issue matter in a year, for example?
 - **Tell yourself you'll worry**

about it at a specific time later. Chances are you'll feel better by the appointed time.

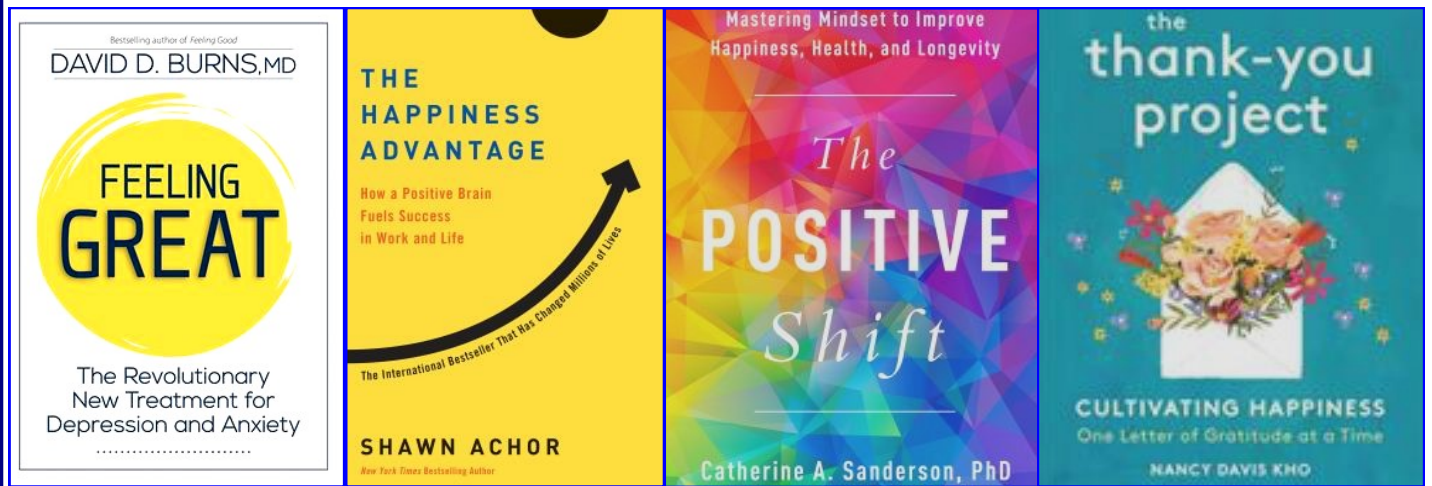
- **Instead of just spinning your worry wheels,** try a concrete problem-solving exercise.
- **Distract yourself:** [Watch] a movie, pump up some music, find something fun to do.
- **Change unhealthy self-talk.** You may have been running negative messages in your head for a long time. But research shows that you can learn to shift your thoughts and that, over time, you can literally change your brain. Consider trying some techniques from cognitive-behavioral therapy, which works in part by looking at how changing your thoughts can change your life. Some tips include:
 - **Ask yourself if your negative thought is really true.** Are you really a terrible mother if you didn't make it to the class play? You're probably involved in innumerable other ways.

- **Remember any achievements that disprove your insecurity.** If you think you'll flop at the office party, remember other social occasions when you were outgoing and confident.
- **Imagine what you'd tell a friend** if he was worrying in ways that you are. You'd likely convince him to wait a bit before assuming the worst.
- **Beware of all-or-nothing thinking.** Disappointing your girlfriend once doesn't mean you're doomed to disappoint her all the time.
- **Consider alternative explanations.** If your boss hasn't responded to your proposal it could be because he's busy and not because he doesn't like it.□

Excerpted from [Stay Positive | Mental Health America \(mhanational.org\)](http://StayPositive|MentalHealthAmerica(mhanational.org))

Reviewed by Sonja Lyubomirsky, PhD, a University of California, Riverside professor and author of [The How of Happiness: A New Approach to Getting the Life You Want](http://TheHowofHappiness:A New Approach to Getting the Life You Want) (Penguin Press).

These books are available for check-out through our online catalog (rvl.info) - click on an image to be referred to the online catalog so you can request the item or call the Library and we will place a request for you





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**“If you can't fly then run,
if you can't run then walk,
if you can't walk then crawl,
but whatever you do
you have to keep moving forward.”**

— Martin Luther King Jr.